

**Testimony of Rachel Vincent Presented before the Public Health Committee  
Regarding Naturopathic Medicine Scope of Practice**

**March 15, 2014**

Hello and thank you to Co-Chairs Gerrantana and Johnson and all Committee members. My name is Rachel Vincent and I reside in Hamden, CT.

Freedom of choice is an important element of American Life. This freedom is especially important when it pertains to the health of our society. CT has lagged behind other progressive states by limiting that choice in healthcare and I feel it is time for a change.

As a long-time patient of a naturopathic physician I would value the opportunity to integrate a broader approach and additional treatments into my overall healing. Although I consider my ND my primary care physician there are still basic elements of care for which I have to source treatment elsewhere. This not only leads to inconvenience and additional expense but challenges to a comprehensive treatment plan. These challenges include integrating treatments from different providers, additional monetary outlay and added time constraints for multiple provider visits worsened by frustration in finding integrative partners.

Along with freedom of choice it is also important to me that I visit with a healthcare professional that provides a comprehensive and wellness model of healthcare. As opposed to merely receiving acute care, my experience with my ND over the years has been to combine treatments for diet, stress, exercise and overall wellness. This has led to a substantial decrease in acute illness and symptoms and an increase in my quality of life.

My wish is that other patients have opportunity to experience such positive treatment outcomes without the challenges associated with it. Personally, I would appreciate being able to receive a much broader scope of treatment directly from my ND. This would include the ability to receive necessary prescription medications, medical devices, nutrients by injection, in-office procedures and other similar treatment options. These treatments all lie within the training and education of today's ND, but for which I currently have to visit another physician.

My hope as a patient would be to exercise freedom of choice and choose the healthcare provider with which I am most comfortable.

Thank you for your consideration on this matter.

Regards,

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